NO SLEEP?
No problem
metroLIFE

Ottawa metro

Your essential daily news | MONDAY, JUNE 27, 2016

High 29°C/Low 14°C Chance of showers

BREXIT

'Internationalism is the birthright of my generation. Or so we thought.'

ROSEMARY WESTWOOD
metroVIEWS

Park project raises questions over lobbying

MOONEY'S BAY

Report by integrity commissioner examines $2M mega playground

Lucy Scholey
Metro | Ottawa

A children's production company may only face a "slap-on-the-wrist" punishment if it violated the city's lobbying rules for a Mooney's Bay Park playground, says a legal expert.

Several critics of Sinking Ship Entertainment's $2-million mega-playground deal with the city have called the company's lobbying rules into question. Sinking Ship has not filed any lobbying activity, but city officials knew about its Canada-shaped playground project last winter.

The city's integrity commissioner, Robert Marleau, is tabling a report on the Mooney's Bay Park playground project at a council meeting on July 13. We still don't know the content of the report, including whether Sinking Ship violated any codes of conduct or bylaws. We also don't know if the company even needed to be registered as a lobbyist.

By law, Marleau can't comment on the report ahead of time.

But if he finds that Sinking Ship violated lobbying rules, the company would not face any city fines. Mooney's Bay residents shouldn't expect Marleau's decision to halt the playground project, either.

Guy Giorno, co-author of Lobbying in Canada and a partner at Fasken Martineau Ottawa, says the company may be banned from communicating with elected officials for a month. But that's probably about it.

Giorno has long said the city's lobbying bylaw sanctions are too lax. In Toronto, companies that fail to comply could face prosecution under the city's bylaw.

However, given that Sinking Ship is funding almost half the cost of the playground, it could be that the company did not need to be registered as a lobbyist.

"It is possible, theoretically, for somebody to say, 'I wasn't lobbying a city decision. I just wanted to give the city a million dollars,'" says Giorno.

Meanwhile, his advice to any company looking to engage with city officials: Read the bylaw, talk to a lawyer or phone Marleau's staff to check the do's and don'ts.

> **You get a public report, with slaps on the wrist.**
> Guy Giorno

The more lobbying breaches a company makes, the stiffer the sanctions.

Those who break the rules a second time may be banned from communicating with city officials for three months. After a third breach, it's up to the integrity commissioner to recommend sanctions to council.

"Most businesses do comply with these laws," says Giorno. "Even though the potential penalty is light, there's a reputational damage that can be done if you're found to have breached the law."

Three companies have violated the city's lobbying rules this year.

Khaleefa Hamdan, a.k.a Apollo the Child (centre), performs with the Jibber Jazz Jam-Along band at Confederation Park on Sunday.
HALEY RITCHIE/METRO

JAZZ IS MY JAM

Ottawa festival encouraging anyone and everyone with an instrument to play metroNEWS

metro NEWS

Your essential daily news

Syrian refugee tells his tale with the help of his teacher. **Canada**

IN BRIEF

Jazz Fest's amateur hour
The TD Ottawa Jazz Festival is letting anyone with any instrument or skill level participate. Every day of Jazz Fest (June 26 to 30 and July 2 to 3), musicians will be set up for an "open jam" from 4 to 5 p.m. and will invite anyone passing through Confederation Park to join. Local singers and poets are scheduled to sit in on sessions. HALEY RITCHIE/METRO

Public invited to Elgin St. makeover consultation
Elgin Street is overdue for a makeover and on Tuesday residents can share their vision for the downtown corridor. The street is failing, according to Coun. Catherine McKenney, who is keen to see wider sidewalks, more trees, better cycling infrastructure and patios to "reclaim Elgin as a vibrant public space," she wrote in a newsletter.

Accessibility advocates complain wheelchairs and walkers can't compete with patios, street furniture and crowds. EMMA JACKSON/METRO

Three injured in ByWard Market stabbing, shooting
Paramedics say three people were injured in a shooting and stabbing incident in the ByWard Market early Saturday. A 28-year-old male with a stab wound was taken to hospital in serious but stable condition. A second male, 24, was also taken to hospital in serious but stable condition with a gunshot wound.
HALEY RITCHIE/METRO

An ice dragon boat on display at the Dragon Boat Festival Thursday night at Mooney's Bay. HALEY RITCHIE/METRO

Dragon Boat festival may see icy iteration

EVENTS

Plans are to debut it during next year's Winterlude

Haley Ritchie
Metro | Ottawa

A new cold-weather take on dragon boat racing could be coming to Ottawa next year, according to organizers of Ottawa's Dragon Boat Festival.

Festival president John Brooman said Heritage Canada and the National Capital Commission have both approved the idea but there is still lots of logistics and business planning to do. He's hoping that dragon boat races would be part of Winterlude in 2017.

The winter variation on the summer sport is less than six years old and races have taken place in Hungary and China.

The sport was invented by Champion Dragon Boat global chairman Zhongyi Luo, who invited Brooman to Budapest last March to see the ice racing in action.

"Mr. Luo had been watching Ottawa for a while, because our festival has become one of the largest in the world," said Brooman. "He recognized that, got in touch with me, and the next thing I knew I was on a plane to go to Budapest and try out some ice dragon boating. The relationship took off from there."

"I thought it was pretty cool. I'm not a dragon boater, I'm a sailor — so I was a little skeptical. But people are saying they absolutely love the idea," he said.

Ice boats are a little different than regular boats, but retain the distinctive long shape and colourful painted head and tail of a dragon. They seat 12 people instead of 20, have special brakes and "paddlers" propel the boat using long poles with flat studded bases.

Brooman said if a racing event can be incorporated into Winterlude it would likely attract international teams to race on a six-lane, 350-metre course on the surface of Dow's Lake.

Ottawa's Dragon Boat Festival, which wrapped up Sunday, is the largest in North America. The festival regularly attracts thousands of spectators to watch races and attend free concerts and has raised $3.7 million for Ottawa charities since 1993.

HEALTH

Autism plan to see changes

Ontario's new minister in charge of the autism file says changes are in the works following the controversial revamp of the treatment program announced earlier this year.

Michael Coteau was brought in to put a fresh face on the Ministry of Children and Youth Services after his predecessor, Tracy MacCharles, was moved out — the only major demotion in the recent cabinet shuffle.

MacCharles and Premier Kathleen Wynne had hinted that they were considering tweaking the transition to the new program, but Coteau is signalling that he is looking even more broadly, to not just the transition plan, but the program itself.

"I hope to be in a place quite shortly where we can come forward with several recommendations for changes," he said.

The Liberal government has announced, as part of a new Ontario Autism Program rolling out in 2018, that it will stop funding Intensive Behavioural Intervention (IBI) for kids five and older, instead transitioning them to enhanced Applied Behavioural Analysis (ABA) treatment.

In the meantime, families of the 835 children removed from the wait list were given $8,000 to pay for private treatment, but parents say that will only pay for, at most, a few months of intensive therapy.

The changes have angered parents, whose children spent years on the IBI wait list only to be abruptly removed.

THE CANADIAN PRESS

OTTAWA • SMITHS FALLS • ARNPRIOR
Willis College graduates get 100% placement in direct field of study.
Where will you be in one year from now?
Get a career that will change your life!
1. START WITH THE WILLIS ADVANTAGE
150 years of success. Downtown Ottawa Campus. Co-op with Fortune 500 companies.
Join the thousands of our graduates who enjoy rewarding and fulfilling careers.
2. GET HELP WITH FINANCING
Come explore your many options of financing available to help. Contact us to find out more.
3. GET THE CAREER YOU'VE DREAMED OF
ADVANCED NETWORK SECURITY PROFESSIONAL DIPLOMA PROGRAM
Starting Dates: May 30th and June 13th
WILLIS COLLEGE
150
Book an appointment with a career advisor.
Phone: 613-233-1128
Toll free: 1-877-233-1128
Email: info@williscollege.com
Online: williscollege.com

New life after domestic abuse

SHELTER

Mother of three says Interval House saved her life

Emma Jackson
Metro | Ottawa

Angelina Singson kneels in her community garden plot, planting summer squash in a crooked row beside an overgrown fence.

Like her vegetables, this is where Singson thrives: in the garden, making things grow.

"Why should I go to therapy, when I get free tomatoes from the garden?" she said. "You work it, you feel like you've accomplished something. There's no better therapy than that."

Two years ago, Singson wouldn't have believed it if someone told her she'd one day have a house in her name, own a summer gardening business, and be finishing her science degree at Carleton University.

She was gardening then, too, but back then it was more escapism than anything else.

By April 2014, the emotional, sexual and physical abuse from her alcoholic husband had reached a breaking point: During the Easter weekend, he pushed her in the bathroom, piercing her neck with a shard of ceramic.

Neighbours called police, and within a week she and her three kids — then 9, 5 and 4 — were living at Interval House, a residential shelter for families escaping domestic violence.

At first, Singson told police it was an accident. She feared her husband would follow through on threats to harm himself, or to tell police she had abducted the children. She had no relatives nearby, no job, and no real knowledge of her rights.

"You're kind of in a position where your only option is to stay," she said.

But police put her in touch with victim services, who told her about the shelter. A neighbour wrapped the kids' clothes in a comforter, and they left.

It was a life-saving move.

"Without Interval House, I would probably have gone home and said, 'I'm sorry,'" Singson said.

Instead, staff helped her get a lawyer, who secured her temporary custody of the kids and she started looking for a new home.

The children had access to a counsellor, and Singson said her own counsellor helped her finally tell the kids what had really happened.

Singson signed a lease for a three-bedroom townhouse that August, and she has been there ever since.

She's only got two classes left to graduate from Carleton, and she runs her own business gardening for homeowners. She's part of the Master Gardeners of Ottawa-Carleton, and she's learning to drive.

And while her garden plots are under threat — the Carlington community garden could be bulldozed for a seniors' home this summer — for now, they're flourishing.

One whole plot is donated to the shelter's kitchens — Singson's way of paying them back for saving her life.

"It's the place that made me survive," she said. "It made me believe again that I can do it."

Angelina Singson says her community garden plot is better than therapy after escaping domestic violence. EMMA JACKSON/METRO

+ INTERVAL HOUSE

Women's shelter marking 40th anniversary

Ottawa's Interval House helped more than 270 women and children escape abuse last year.

That's a far cry from 40 years ago, when the shelter opened in a "very, very tiny house," according to executive director Kia Rainbow. It's moved three times since then, and today up to 10 women and their dependents can stay in the massive South Keys building at once.

"We're serving the most clients we've ever served," Rainbow said.

The shelter will celebrate 40 years with a barbecue on Tuesday.

Over its history, the shelter has helped 3,200 women and 4,000 dependents, plus thousands more in its transitional housing program.

Much has changed over the years. Rainbow said more and more clients are fleeing gang violence, which adds complications when they must find housing outside gang territory.

Staff now also welcome women to bring their live-in mothers with them, and by next summer Rainbow wants to open an on-site kennel for family pets.

An ongoing challenge is fundraising: The province only funds 20 of the shelter's 30 beds, so staff must find the last third of their $1.2-million budget elsewhere. Last year they received $147,000 in donations.

St. Lawrence College
Employment Service | Service d'emploi
Vous n'avez jamais eu d'emploi?
Êtes-vous âgé de 15 à 29 ans?
Passez au Centre! Service d'emploi St. Lawrence College
71 rue Bank, 5e étage, Ottawa, ON 613-232-0022 www.employmentservice.sl.on.ca
EMPLOYMENT ONTARIO
EMPLOI ONTARIO

EDUCATION

Students may have to work to graduate

All Ontario high school, college and university students will have to participate in work co-op programs if the government keeps its promise to implement the recommendations from a panel of business and education experts.

The "highly skilled workforce expert panel" was set up last December to develop an integrated strategy to better link the education system with the future job needs of the province's economy.

The panel recommends better partnerships between educators and employers to "bridge the gap between the skills industries need and what the workforce offers," and suggests all students get "experiential learning" or work co-op placements.

"I completely support this recommendation because I believe that young people need to have experiential learning opportunities, both in the elementary and secondary panels, and in the post-secondary education panel," said Premier Kathleen Wynne.

Former education minister Sean Conway, who headed the expert panel, said Ontario introduced the idea of university co-op programs to the world, and must expand it.

"There needs to be specific targets so that all high school students have at least one work experiential learning opportunity before they graduate the Kindergarten-to-Grade 12 system," he said.

> Young people need to have experiential learning.
> Kathleen Wynne

"And all students in post secondary education need to have at least one experiential learning opportunity before they graduate."

David Billson, president and CEO of Ellipsis Digital in London, Ont., said the region's technology and digital media sector "is starved for well-trained talent," and companies are having trouble recruiting new employees. THE CANADIAN PRESS

Independent presidential candidate Gudni Johannesson with his wife Eliza Reid at an election party in Reykjavik on Saturday
HALLDOR KOLBEINS/AFP/GETTY IMAGES

Iceland's First Lady from Valley

INFLUENCE

Eliza Reid met Nordic nation's new leader at university

Voters in Iceland have elected a new president, and in doing so have made a Canadian woman the Nordic nation's new first lady.

Gudni Johannesson has been declared the winner of Sunday's vote, which means his wife will assume the first lady's role.

Eliza Reid — who grew up in the Ottawa Valley — met Johannesson when they were both studying history in England.

The pair moved to Iceland in 2003, married a year later and now have four children.

Reid, 40, who works as a writer and editor, recently said she believed her Canadian background helped her husband's campaign because she doesn't try to be something she's not, and that appeals to people.

Johannesson — a history professor who has never before held public office — joined the presidential race in April with a promise to restore the nation's trust in the political system after demonstrations called for the resignation of the prime minister amid a scandal involving offshore accounts.

Reid said she felt welcomed by Icelandic society and would consider it a tremendous honour to be first lady. THE CANADIAN PRESS WITH FILES FROM THE ASSOCIATED PRESS

5 THINGS HAPPENING IN OTTAWA THIS WEEK

Lucy Scholey
Metro | Ottawa

From secret police meetings to a sinkhole and stately visit, it will be an interesting week in Ottawa.

Civic campus: Location, location, location 1

The National Capital Commission is expected to unveil its plan for potential locations for the Hospital Civic campus Tuesday. Heritage Minister Mélanie Joly announced the NCC would review all federal lands for a site after public outcry at the former Conservative government's plan to develop the hospital on a 60-acre slate of Experimental Farm lands.

Sinkhole saga 2

Almost three weeks after a massive sinkhole opened on Rideau Street, the city says the street should be fixed early this week. A memo from City Manager Steve Kanellakos initially suggested a Monday opening date, but city staff said it depends on how construction progresses.

ASSOCIATED PRESS FILE PHOTO; ALL OTHER PHOTOS METRO FILE

Stately visit 3

You might just spot the President of the United States of America visiting the ByWard Market again this week. Barack Obama will be meeting with Prime Minister Justin Trudeau and Mexico President Enrique Peña Nieto on Wednesday. It will be the first time the "Three Amigos" summit is held in Canada. The world leaders are expected to talk about climate change and strengthening the continent's economy.

Police board may go public 4

Following media criticism, Ottawa's police board will consider making its secret committee meetings public. In past practice, the board's four standing committees – complaints, finance and audit, human resources and policy and governance – have traditionally met behind closed doors.

The policy and governance committee is recommending the dates, times, and locations of the committee meetings be publicized, along with the agenda and minutes. The board is voting on that recommendation on Monday.

Para Transpo expansion 5

People with mental health, cognitive impairments, and developmental challenges may be eligible for Para Transpo next year. The city's accessible transit services is currently for people with mobility issues, but a new staff report is recommending Para expand. If approved at the transit commission on Monday, and then city council, the changes would go into effect in early 2017.

Three Amigos in town

OTTAWA

Brexit at forefront of North American leaders' meeting

North American leaders meeting in Ottawa this week are being confronted with the seismic economic ripples caused by Britain's decision to leave the European Union.

Canada and Mexico must also take the opportunity to strengthen their bilateral co-operation as a counterweight to an incoming U.S. administration that may be anti-trade and inward-looking about American interests, experts say.

Those thorny issues will lurk beneath the surface of what will be an attempt by the so-called Three Amigos summit to announce a new mechanism that keeps Canada, the U.S., and Mexico co-operating closely after President Barack Obama leaves office in seven months.

Prime Minister Justin Trudeau and Mexican President Enrique Pena Nieto will join Obama in the trilateral meeting, before Obama addresses Parliament later on Wednesday.

Their three-way bonhomie swims against a current of global disengagement in the U.S. presidential election. The presumptive Republican nominee, Donald Trump, has talked about new trade barriers and criticized international military co-operation, while his Democratic rival, Hillary Clinton, has opposed the Trans-Pacific Partnership deal.

Now, the Brexit vote, which marks the start of an unprecedented negotiation to take Britain out of the EU, provides a stormy backdrop to the carefully crafted, sunny script of North American co-operation and solidarity to be delivered by Trudeau, Obama and Pena Nieto.

Trudeau's environment minister, Catherine McKenna, told CTV's Question Period on Sunday the contrast between Britain's exit and growing North American co-operation will buttress the Three Amigos theme.

> It's a great message to the world that we're working together, we believe in trade, we have progressive governments.
> Catherine McKenna

"It's a great message to the world that we're working together, we believe in trade, we have progressive governments," said McKenna.

Fen Hampson, a foreign policy expert with the Waterloo, Ont.-based Centre for International Governance Innovation, said the European Union is the biggest market in the world and its fate "has very important implications for North America."

"That's surely now going to be an important and central topic of discussion," said Hampson.

THE CANADIAN PRESS

Syrian refugee student Abu Bakr al Rabeeah and English teacher Winnie Canuel in Edmonton on Wednesday. The pair are launching a book called Homes, which was written in collaboration. JASON FRANSON/ THE CANADIAN PRESS

EDMONTON

Refugee's tale, with help from teacher

What's your secret wish?

That's the first question teacher Winnie Canuel asks her students at the start of English as a second language classes at her Edmonton school.

For Abu Bakr al Rabeeah, an Iraqi refugee from Syria, there were two answers. First, he wanted to be a soccer player. But second, and perhaps more urgently, he wanted to tell his story.

This week, that wish was realized in a way the soft-spoken 15-year-old never imagined: it was published in a book.

Al Rabeeah and Canuel began working together last fall, about six months after his family arrived in Canada as 10 of the 23,000 Iraqi refugees who've settled here since 2009.

As they talked, he relayed stories of his early childhood in Iraq, such as being slapped in the face by his Grade 2 teacher for being a Sunni Muslim.

> It's ultimately about a love of a family and the resiliency of the human experience. Winnie Canuel

Escalating tensions between Sunnis and Shias forced his family to flee Iraq and seek refugee status in Syria in 2010.

The next year, the Syrian civil war broke out. Every night at dusk, he told Canuel, a sniper would climb to the roof of his family's apartment building and use it as a base to fire at anti-government rebels living in the streets below.

His family lived with the war for three years before being brought to Canada.

During their discussions, his English grew stronger and so did his confidence. In Canuel, he said, he found a teacher he'd never have encountered at home.

"I trusted her," he said.

Canuel had long thought about writing a book of her own, telling friends she was waiting for the right story to find her. In listening to al Rabeeah talk about his family and his experiences, she found it.

"Yes, there are massacres and car bombs in his background, yet it's ultimately about a love of a family and the resiliency of the human experience, that is what we should carry away from this," she said. "That's universal."

The novel they wrote together, called Homes, is now for sale in Edmonton bookstores and online.

For al Rabeeah, the goal is to help people understand that behind all the Syrian refugees now coming into Canada there are stories. Too many people only see him as a refugee, he said.

"It makes me feel outside of the community, not with them," he said.

Canuel said she's lucky. Her school gave her the time and the money to work one-on-one with al Rabeeah and he arrived long before the influx of Syrian refugees began challenging schools across the country.

About 60 per cent of Syrians are under 14, placing unprecedented pressure on the system.

THE CANADIAN PRESS

metro
Tell us how you really feel.
Join our online reader panel and help make your Metro even better.
metronews.ca/panel

iMARKETING
CALL CENTRE SALES AGENTS NEEDED
NOW HIRING
EXPERIENCED SALES STAFF
• Earn up to $700+ a week with guaranteed hourly wage + daily and weekly performance bonuses.
• Flexi schedule for top performers
• Paid every Friday
• New state of the art call centre.. great location
• Advancement opportunities
• Full time and Part time available
• Seniors and Students welcome
FLUENT ENGLISH IS A MUST!
Contact Chris Flores at 1-800-210-8579 ext 383
Email: Christian.flores@imkgp.com

COLLEGE DIPLOMAS IN HEALTH CARE!
✔ Fitness and Health Promotion
✔ Medical Office Assistant
✔ Medical Lab Technician
✔ Personal Support Worker
✔ Pharmacy Technician
CLASSES STARTING SOON

ALGONQUIN CAREERS ACADEMY
1830 Bank St, at Walkley station • 613-722-7811 • www.algonquinacademy.com

SACRAMENTO, CALIF.

Right-wing extremists stab six

At least six people were stabbed Sunday when members of right-wing extremists groups holding a rally outside the California state capitol building in Sacramento clashed with counter-protesters, authorities said.

Sacramento Fire Department spokesman Chris Harvey said emergency crews transported six people who were stabbed, some critically wounded, and that many other people had cuts, scrapes and bruises.

"There was a large number of people carrying sticks and rushing to either get into the melee or see what was going on," Harvey said.

California Highway Patrol officers managed to break up the large fight but some members of both groups remained in the area an hour after the fight first broke out, Harvey said.

Videos from the melee posted on social media showed mounted police officers dispersing a group of mainly youth, some with their faces covered, while some throw stones toward a man holding a stick and being shielded by police officers in riot gear as he enters a glass building.

The victims were all present while a protest took place, said Sacramento Police spokesman Matt McPhail but he said it was still unclear whether and how they were involved.

The Traditionalist Workers Party had scheduled and received a permit to protest at noon Sunday in front of the Capitol. McPhail said a group showed up to demonstrate against them.

The Southern Poverty Law Center has described TWP as a group formed in 2015 as the political wing of the Traditionalist Youth Network, which aims to "indoctrinate high school and college students into white nationalism."

THE ASSOCIATED PRESS

IN BRIEF

Spain's political future still unclear after election

Spain's repeat election on Sunday failed to clarify the political future of the EU's fifth-largest economy, with the main parties placing roughly the same as in last December's ballot, which brought six months of stalemate. The conservative Popular Party, again collected most votes in the election but still fell short of the majority of 176 seats it needs in the 350-seat Parliament to form a government on its own.

THE ASSOCIATED PRESS

Expats spooked by Brexit

POLITICS

Britons living in EU worried about their futures

Tad Dawson's pub in this Spanish vacation town was doing a brisk business in the summer sun. The only dark clouds he saw were coming from the bar's TV, tuned to a British news channel.

Inside the Yorkshire Pride were many British tourists watching the screen as their prime minister announced his resignation Friday after the U.K. voted to leave the European Union.

Dawson, a 51-year-old Englishman who has lived in Spain since the 1990s, admits the decoupling of Britain from the EU other 27 member nations has him spooked.

His future is suddenly uncertain.

"We're very scared because I've been here 23 years. I've got my house, my kids were born here, they went to a British-Spanish school, I've got a bar, I've got a lot to lose," Dawson said at his pub, which was decked out with the red-and-white English flags featuring the St. George's Cross.

EU leaders are due soon to begin unprecedented, and knotty, negotiations on how to extricate the U.K. from the bloc. Crucially for British expatriates, EU laws stipulate that the bloc's citizens have the same rights as those nationals in any other member nation.

Nobody is saying what the rights of Britons living in the EU might be in a future outside the bloc. Dawson worries about losing his entitlements in Spain, which is part of the EU.

> **We've lived in Spain for a lot of years. We don't know how it's going to affect us.** Tad Dawson

"We don't know how we're going to be now," he said. "We might have no pension. We might have no medical. We may have to sell our properties. We've lived here for a lot of years. We don't know how it's going to affect us anymore."

An estimated 1.2 million Britons live in other EU countries, many of them in France, Spain and Portugal, according to Britain's House of Commons library. But analysts reckon the true number could be at least double that — and maybe a lot more, because many don't bother registering with their embassies or the local authorities.

Raquel Martins, an immigration lawyer at the Lisbon, Portugal, law firm of SRS Advogados, said the United Kingdom and the EU would now enter many months of negotiations to try to secure a reciprocity agreement that establishes legal guarantees for their citizens who live abroad.

"Nothing will happen right now. Nobody is going to be sent home," she said.

Across Europe, British expats reacted with alarm, dismay and sadness after Thursday's referendum on Britain's EU exit, also known as Brexit.

"I am in a state of shock," said Patrick Lamb, a standup comedian who has lived in Austria for 17 years. "I am also concerned by what Brexit means for the longer-term future."

In Berlin, Dale Carr from Sheffield said she would request German nationality. She said she, her Scottish husband and her two British-passport holding children would apply for German citizenship to keep their EU entitlements.

"Otherwise, we have no rights. What am I to do with this British passport?" asked the 63-year-old who moved to Germany in 1978 and runs two British goods shops.

Ian Tilling, the British chairman of the Casa Ioana charity for the homeless in Bucharest, said he felt an urge to "go off and burn my passport."

He ticked off his pressing concerns: that Scotland would seek independence from the U.K. so it could stay in the EU; that the United States would neglect relations with the U.K. in favour of the more powerful EU; and that the EU itself might break up further. THE ASSOCIATED PRESS

Tourists posing for a photograph in front of the Spanish Parliament are seen through the EU flag in Madrid, Spain. The news of the U.K. vote to quit the European Union is leaving British expatriates filled with fear about their future. Those who have built lives abroad worry what the vote may mean for their property, their pensions and their medical benefits. FRANCISCO SECO/THE ASSOCIATED PRESS

POLITICS

Scotland threatens to block leave, Corbyn faces open rebellion

Scotland's First Minister Nicola Sturgeon AFP/GETTY IMAGES

Britain's shocking decision to remove itself from the European Union brought more political turmoil Sunday as Scotland's leader threatened to block the move and the Opposition Labour Party's leader veered dangerously close to losing his post.

The sense of unease spread as European leaders stepped up the pressure on Britain to begin its complex exit from the 28-nation EU immediately, rather than wait several months as British Prime Minister David Cameron prefers.

With London's jittery stock market set to reopen Monday, the leaders of the successful campaign to leave the EU stayed largely out of the public eye.

If they were silent, Scotland was not. Popular First Minister Nicola Sturgeon said she would "consider" advising the Scottish Parliament to try to use its power to prevent Britain from actually leaving the EU. She said Scottish lawmakers might be able to derail the move by withholding "legislative consent" for a British exit, or Brexit.

Sturgeon said she believes Scotland's approval is required for the move but conceded the British government would likely take "a very different view."

Thursday's U.K.-wide vote to leave the EU was very unpopular in Scotland, where 62 per cent cast ballots to stay.

Cameron said that he will resign as prime minister when the Conservative Party chooses a new leader, who will be charged with implementing the separation from the EU.

The new party leader, who will become prime minister, is expected to be in place by October. At that point, he or she may choose to call a quick election to solidify a mandate — and the prospect of an election may have spurred a revolt against Labour leader Jeremy Corbyn.

Corbyn, criticized for doing a weak job presenting the party's position favouring EU membership, faces an open rebellion from senior members of his "shadow cabinet" — the party's mirror government of senior lawmakers. Eleven shadow cabinet members resigned Sunday after Corbyn fired shadow Foreign Secretary Hilary Benn for reportedly plotting a rebellion against him.

THE ASSOCIATED PRESS

Liliya Sahiholnasab, 6, uses a special pair of glasses designed by Dr. Vahid Sahiholnasab to help correct her posture at her home in Richmond, B.C. THE CANADIAN PRESS

Wearable tech offers cure

HEALTH

Vancouver doc tells patients technology is good for them

When patients visit Dr. Vahid Sahiholnasab for a routine check-up, he often asks to review their electronic fitness trackers.

He is learning that integrating new gizmos into health regimens can be a steeper climb than convincing people to walk 10,000 steps each day.

"It's strange territory," said Sahiholnasab, who is also a clinical instructor at the University of British Columbia. "You're going to find a lot of resistance."

Even so, the Vancouver doctor is on a kick to persuade the population that technology is good for their health.

He's among a group of entrepreneurs in B.C. who are developing innovative gadgets that can be worn, a rapidly advancing market known as "wearable technology."

Sahiholnasab has designed a pair of high-tech glasses to prevent children from developing bad posture while playing with devices like smartphones and video games.

He's tackling a problem identified by a Dutch spinal surgeon that's been dubbed "Game Boy Disease," where kids are increasingly complaining of neck and back pain.

His wearable product, called the EyeForcer, sends a warning to slouching children and shuts the game down when they've hunched over too many times.

"Whether we want it or not, we are heading toward wide use of technology in health care," said Sahiholnasab, whose company is called Medical Wearable Solutions.

Other B.C. inventors putting wellness into people's hands have also discovered that cool ideas aren't always snapped up.

"It's all a little unknown," said Paul Fijal, a biomedical engineer and head of product development with Awake Labs, whose team is developing a wearable band for people with autism.

"(There's) the whole aspect of it being new and unexplored."

The bracelet, called Reveal, is equipped with sensors that measure and track physiological signals in real time, providing information on emotions and behaviour. Parents and caregivers can better read, for example, whether the wearer is feeling high anxiety.

Fijal said a crowdfunding campaign is doing well as the team continues testing a prototype for release in May 2017. But he has heard concerns about privacy and basing health care solely off signals transmitted by a bracelet.

His team is addressing those worries by reminding people of existing privacy laws, while Fijal said they will rely on "early adopters" to open the wider market. "People who recognize the impact and the potential and are OK with the risks," he said, describing families of autistic children enthusiastic to test the bracelet.

THE CANADIAN PRESS

EDUCATION

Ontario eyes work program

All Ontario high school, college and university students will have to participate in work co-op programs if the government keeps its promise to implement the recommendations from a panel of business and education experts.

The "highly skilled workforce expert panel" was set up last December to develop an integrated strategy to better link the education system with the future job needs of the province's economy.

The panel recommends better partnerships between educators and employers to "bridge the gap between the skills industries need and what the workforce offers," and suggests all students get "experiential learning" or work co-op placements.

"I completely support this recommendation because I believe that young people need to have experiential learning opportunities, both in the elementary and secondary panels, and in the post-secondary education panel," said Premier Kathleen Wynne.

Former education minister Sean Conway, who headed the expert panel, said Ontario introduced the idea of university co-op programs to the world, and must expand it.

"There needs to be specific targets so that all high school students have at least one work experiential learning opportunity before they graduate the Kindergarten-to-Grade 12 system," he said.

THE CANADIAN PRESS

JAMES "WHITEY" BULGER

Gangster's goods fetch $100K

A rat-shaped pencil holder and a sterling silver "psycho killer" skull ring were among the belongings of gangster James "Whitey" Bulger that pulled in more than $100,000 US at a court-ordered auction to raise money for his victims.

Hundreds of items belonging to Bulger and his longtime girlfriend, Catherine Greig, were up for bid at Saturday's auction in Bulger's South Boston hometown. The proceeds, totalling $109,295 US, will be split among the families of Bulger's victims, including 20 people killed by Bulger and his gang and several extortion victims.

Bulger's coveted rat-shaped pencil holder, a nod to the gangster's longtime status as an FBI informant, sold for $3,600 US, according to The Boston Globe. The skull ring,

Kitty cat mugs belonging to James "Whitey" Bulger and Catherine Greig.
THE ASSOCIATED PRESS

one of the auction's prized items, brought in $5,200 US. The gangster's gold and diamond Claddagh ring, appraised at $10,000 US to $15,000 US, fetched the highest price of the auction: $23,000 US.

South Boston attorney Richard Lane, a close friend of Greig's twin sister, Margaret McCusker, paid $110 US for framed photographs of Bulger and Greig's beloved pets. Lane said he would give the photos to McCusker to "keep them in the family."

Those items and more revealed Bulger's domestic life in hiding with Greig.

Bulger, now 86, was convicted of a host of charges, including participating in 11 murders, during a 2013 racketeering trial. He is serving a life sentence.

Greig was initially sentenced to eight years in prison, then got 21 additional months for refusing to testify about whether other people helped him while he was a fugitive.

THE ASSOCIATED PRESS

NIGERIA HIGH COMMISSION (NHC)

Expression of interest/Invitation to Tender for renovations of some government properties in Ottawa, Ontario

The Nigeria High Commission (NHC) Ottawa, Ontario hereby invites interested contractors to tender for renovation of some its properties in Ottawa, Ontario.

Qualified contractors should submit their expression of interest with the following documents:

A. A letter of expression of interest
B. Company's profile indicating previous work done, location, duration, value of contracts and clients
C. Briefs of all professionals and staff
D. Evidence of financial capability to do the job
E. Evidence of registration as a contractor

All applicants are require to submit the documents above to demonstrate their capability and competetence to do the jobs and they should note the Nigeria High Commission has the right to reject any proposal. They are also required to pickup the bid documents from the Receptionist on the ground floor of the Chancery located at 295 Metcalfe St, Ottawa, Ontario for completion.

All bidders hall be required to pay a non-refundable fee of Two Hundred Dollars (USD$200) for each bid document. No liability shall be accepted for loss, late or non delivery.

All documents including the expression of interest should be enclosed in a single envelope, sealed and marked "Nigeria High Commission FGN Properties" – Expression of Interest/Invitation to Tender and addressed to:

The Secretary
Tenders Board
Nigeria High Commission
295 Metcalfe Street,
Ottawa, Ontario K2P IR9

Pick up of bid document starts today, June 27, 2016
Deadline for submission: Monday, July 11, 2016

metro VIEWS
Your essential daily news
Monday, June 27, 2016

URBAN ETIQUETTE **ELLEN VANSTONE**

THE QUESTION

I invited people to a birthday party without making clear that it was a birthday party. None of the invitees has confirmed. Should I have been more clear about the birthday part?

Dear Ellen,

I sent out an invitation to friends and family to attend my team's roller-derby bout. I mentioned I'm not playing, but it would be great to get their support. It also happens to be my birthday but no one has confirmed. Should I have been more forthright and said it was my birthday and this is how I wanted to celebrate it? I am nearing 40, and birthday parties are getting old, but I was hoping this was a way to get friends and family together. I almost feel like people forgot it's my birthday, and I feel awkward having to remind them.

Signed,
RollerGirl

Dear RollerGirl,

Make no mistake. You're feeling "like people forgot" your birthday because they did.

But why take it personally? And why expect anyone to come to an event that you're not even competing in, especially when they don't know why you asked them?

Before we address the etiquette question, though, let's address what you want on a purely emotional level.

You have a choice between two unpleasant states: feeling embarrassed and slightly resentful that you have to remind people it's your birthday or feeling irritated and totally resentful when everyone forgets it's your birthday and declines your invitation to a roller-derby-themed birthday celebration that, so far, exists only in your own head.

The internal mess you're creating for yourself stems from wanting something from people who have no way of knowing what you want.

You see the problem here? I think you do, because you yourself spell it out in your letter: "Should I have been more forthright and said it was my birthday and this is how I wanted to celebrate it?" The answer, R-Girl, is "yes."

The internal mess you're creating for yourself stems from wanting something from people who have no way of knowing what you want, which is the recipe for disaster in all relationships.

If you are a Knight of the Round Table, or a hero in a Thomas Hardy novel, or an all-purpose, self-styled relationship martyr, you may find solace in silent suffering accompanied by a feeling of superiority at your Olympian powers of repression.

But if you are an emotionally healthy grown-up, you will shun these unnecessary agonies and simply ask for what you want, in a direct and respectful manner. Sure, you might feel silly asking for a birthday party, but there's no shame in it. In fact, it's extremely polite to do so, in order to save friends and family from feeling bad later if they've forgotten.

Being clear about your innermost desires — within the bounds of good taste and the law, at least when it comes to public events — shows excellent manners. It gives the people in your life a fighting chance of not being resented or despised for not being able to read your mind.

So party on, RollerGirl, and happy birthday.

Need advice?
Email Ellen:
scene@metronews.ca

ROSEMARY WESTWOOD

What will the Brexit result do to the London I knew?

"F---king c--ts."

That was the first message I got, hours after the Brexit vote, from a once-proud Yorkshireman who could not believe it.

"I'm at a wedding," he wrote. "Then I'm leaving my country for a place which isn't dictated by fear and xenophobia. I am so f--king upset. I actually cried. Which is a hard thing for me to do." (I would have thought near impossible.)

"They've doomed a generation."

"They" would be the northern, economically challenged, older and less educated British who polls say made up the bulk of the "leave" camp, whose victory in last Thursday's referendum figures to tear the U.K. out of the European Union.

This friend, like everyone I know in the U.K. — maybe a hundred or so Gen Yers and millennials — was furious. The scope of their lives had shrunk to a pea. Or so it seemed.

From 2010 to 2012, I lived in a cramped flat in a crumbling old council house, London's ubiquitous social housing developments, with a rotating list of broke international riff-raff. We were Danish and Italian, Australian, English, Canadian. Rent was so high the living room was a bedroom. And in packing ourselves into a tinderbox of a kitchen for dinners (Styrofoam ceiling tiles can't possibly be to code) we made a family. Datchett House, on Virginia Road in East London, became Dats--t, our beloved dump of a home.

The city — its crippling cost of living, its war zone of a Tube rush hour, its superiority complex and its brutal loneliness — sent home in tears anyone who lacked the fortitude or foolishness to keep going. Those who stayed made it better. We worked hard at jobs we loved, and some we hated, and paid rent and taxes and bought groceries and filled the pubs. We took the crazy transit routes, and sang in choirs and befriended corner-store clerks. We were a part of our communities. A good part. A financially beneficial part: One 2014 study found EU immigrants paid more in taxes than they received in benefits, and contributed £20 billion over 10 years.

Most of my friends, and many observers, believe the refugee crisis and immigration are behind the decision that seems to have upended a continent. But xenophobia is wholly at odds with the London I knew, the antithesis of my little, dilapidated flat. Internationalism is the birthright of my generation, or at least, we thought it was.

Yorkshire, my friend's "selfish" county in the northeast, voted leave.

"I'm handing in my Yorkshire passport," my friend wrote, and I couldn't tell how hyperbolic he meant it. "No longer a Yorkshireman."

metro
Your essential daily news

CHIEF OPERATING OFFICER, PRINT
Sandy MacLeod

VICE PRESIDENT & EDITOR
Cathrin Bradbury

EXECUTIVE VICE PRESIDENT, REGIONAL SALES
Steve Shrout

MANAGING EDITOR OTTAWA
Steve Rennie

ADVERTISER INQUIRIES
adinfoottawa@metronews.ca
General phone 613-236-5058

FREE TO SHARE

PHILOSOPHER CAT
by Jason Logan

Philosopher cat now at
www.mymetrostore.ca

metro LIFE
Your essential daily news

"To see a Bill Cunningham street spread was to see all of New York."
New York Times Executive Editor Dean Baquet said on Twitter Saturday. Cunningham, a longtime fashion photographer for the Times known for taking pictures of everyday people on the streets of New York, has died. He was 87.

No sleep for the lucky few

HEALTH

Why some people don't need to snooze for eight hours

Stats show the average Canadian sleeps for eight hours and 18 minutes, which would be a bit of a nightmare for Alastair Summerlee.

He has slept a maximum of four hours a night, waking at 40-minute intervals, his entire life. On the rare occasion, usually after cutting down to just two hours, he might crash for six.

"When I wake up, I feel like death," Summerlee, 63, says of those unusually long sleeps. "I'm assuming that's what (other) people are like when they wake up in the morning."

Though many try to cut back on sleep, the ability to thrive — not just survive — with only a few hours of sleep is rare, shared by an estimated 1 per cent of the population. Scientists have started to study their genetics and behaviour of these natural "short sleepers," to unlock some of the mysteries of sleep regulation and its effect on human health.

Sleep deprivation in most people means grumpiness, brain fog and impaired motor function. But many short sleepers have a genetic anomaly that allows them to jump out of bed after a few hours. They are often described as preternaturally optimistic, energetic and happy.

Whatever the body does during sleep is critical for health. Long-term health consequences of chronic sleep deprivation include an increased risk of heart disease, stroke, diabetes, obesity, depression and dementia. But short sleepers are seemingly exempt.

"They can do this, lifelong, without paying any price," says Dr. Ying-Hui Fu, a geneticist and professor of neurology at the University of California, San Francisco School of Medicine, who studies natural short sleepers. Fu believes genes, not habits or wishes, determine the need for sleep.

"A lot of people say, 'I trained myself to do this,'" says Fu, who gets seven hours of sleep but prefers eight. "Maybe they can do that for 20 years but then develop this problem or that problem. They often don't even know it's because they're chronically sleep-deprived."

Through recruitment for a study on early risers, Fu's team found two members of a family who were both "morning larks and night owls" and slept about six hours a night, two hours less than the North American average.

Exome sequencing, in which expressed genes are mapped, showed these short sleepers had the same mutation on the DEC2 gene, which influences the circadian clock. Mice bred with the mutation experienced shorter periods of both REM and non-REM sleep, and recovered faster from sleep deprivation.

The findings were published in the journal Science in 2009, after which numerous natural short sleepers contacted Fu, who now has about 100 participants in her ongoing study. Some are healthy and vibrant at advanced ages, including one woman who was still volunteering in her 90s after sleeping only five hours a night. (Fu has since identified other, non-DEC2, genetic mutations associated with short sleeping.)

TORSTAR NEWS SERVICE

For most, sleep deprivation can have serious consequences, says Sunnybrook Hospital **sleep neurologist Dr. Andrew Lim,** who has published research linking fragmented sleep to the risk of Alzheimer's disease and stroke in older adults. But many short sleepers have a **genetic anomaly** that allows them to jump out of bed after a few hours. ISTOCK

SHORT SLEEPERS

These seemingly bionic high-achievers may be "habitual short sleepers," as opposed to their genetic counterparts

Margaret Thatcher
Britain's prime minister claimed to sleep only four hours a night, a fact often held up as a symbol of her determination and willpower.

Thomas Edison
The inventor of the light bulb disdained the need for sleep. "Sleep is an absurdity; a bad habit," he has been quoted as saying.

Donald Trump
The presidential wannabe has bragged he sleeps as little as possible. "I like three hours, four hours, I toss, I turn, I beep-de-beep, I want to find out what's going on," Trump said last year.

Marissa Mayer
The Yahoo CEO reportedly managed a massive workload while an executive at Google by working 130 hours a week and pulling weekly all-nighters.

INTERVIEW

Playing bad on Animal Kingdom is good for Scott Speedman

Scott Speedman
INVISION/THE ASSOCIATED PRESS

Viewers might be unsure about his character on TNT's Animal Kingdom, but Scott Speedman says he's OK with that.

The series is about a family of boys living a life of crime and grit. They're led by their mother, played by Ellen Barkin, who goes by the name of Smurf. It's based on an Australian film of the same name.

"You've got these hyper-masculine characters, but really they're mama's boys," said Speedman, who plays the oldest son, Baz. "They're really under the thumb of their mother, and it creates interesting, compelling scenes to play."

Speedman said of his character: "Outwardly he seems like the good brother, or maybe the one who has it together."

"What the writers are doing," he said, "is really playing with people's perception of the characters, so who you think is good is not necessarily so, and who you think is on the outside of good or most evil has definitely the most moral code of all the brothers."

Speedman, 40, said his character does some terrible and morally dubious things.

"I think as a younger actor, you worry, 'Are audiences going to be able to take this or not?' But I think I'm at a certain place and I think audiences are certainly ready for these types of characters on mainstream television."

> **We get one F word an episode. It gets very tricky who gets to have that one F word.**
> Scott Speedman

Speedman said he enjoys being on a series where actors are allowed to push the edges of the envelope.

"It's hard because we get one F word an episode. It gets very tricky who gets to have that one F word. It's never been me. At some point I'll get it. These guys are edgy, dark, blue-collar guys, so they're gonna be swearing and getting into all sorts of things. (On) my first show, if you drank, you had to have something go wrong to connect the dots there, something bad had to happen. There was a moral lesson. It's been fun to test those (boundaries)."

Speedman, who played Keri Russell's long-time crush Ben on Felicity and appeared in the Underworld films with Kate Beckinsale, said he's amused by his series co-star Barkin.

"She's one of the fellas. She's a Bronx girl, so street-smart. She'll be with all … (the) boys and she'll be right there giving insults better than anybody else." THE ASSOCIATED PRESS

YOU CAN DO THIS COMMUNITY SERVICES WORKER/SOCIAL WORKER

Finding meaning helping others

WHY I LIKE MY JOB

Alison MacKenzie, 27, Neighbourhood Convener with Agincourt Community Services Association and Project Manager with Building Roots – Toronto, ON

My passion is community development. The job entails collaborating with local residents, service providers and community stakeholders to coordinate social change around neighbourhood priorities and concerns.

Although I achieved my Master of Social Work from the University of Toronto, there are plenty of opportunities for volunteers and college/bachelor's degree graduates to expand their careers in community services. Most recently, I partnered with the city, employment centres, community agencies and residents to plan a unique training program for underemployed and unemployed professionals in the food sector. I have also worked with a diverse range of professionals to organize and facilitate initiatives that help residents better connect with their communities.

Starting out in this field can be as simple as volunteering. My first experience was supporting newcomers as they arrived in Canada. I found it very meaningful to support others while working alongside like-minded members of the community. The more I volunteered, the more I realized I could leverage my creativity and skills in social work to help people in many different ways. I believe you can really build the career of your dreams in community services, as there are plenty of opportunities to explore and endless areas of the community to serve.

THE BASICS: Community Services Worker

$36,618

Median wage of community services workers and social workers. Some workers in this field can earn up to **$54,000** as they advance to roles as counsellors, community engagement workers and program planners/facilitators.

+12.8%

The amount of growth expected in this field over the next 8 years.

Data for this feature was provided by payscale.com, statcan.gc.ca, onetonline.org and jobbank.gc.ca

HOW TO START

A career in this field generally requires a community services worker (CSW) or social service worker (SSW) diploma from an accredited college, or a bachelor's or master's degree in social work (BSW/MSW). Previous experience as a volunteer can support applications to some post-secondary programs and occupations in community-focused environments, including refugee centres, homeless shelters and social innovation hubs

WHERE YOU CAN GO

The recent call for more community and social service workers has stemmed from an influx in social needs, a growing population and increase in community organization funding. Graduates and experienced volunteers can find rewarding work in group homes, rehabilitation centres, community facilities and non-profit organizations.

NEXT CAREER STEP

Having a least one year of steady experience builds a healthy foundation for career advancement. Advancement to such occupations as family and marriage counsellors, probation officers, and program planners and facilitators can be achieved with additional training. CSW graduates may also apply for the Registered Social Service Worker (RSSW) designation to put their social services skills to use in the workplace.

Wonder what they do all day?
YOU COULD
WIN
passes to see
THE SECRET LIFE OF
PETS
Ever wonder what your pets do when you're not home? From the humans behind Despicable Me. Universal Pictures and Illumination Entertainment present Louis C.K., Kevin Hart, and Hannibal Burress in The Secret Life of Pets.
For your chance to win an admit two pass to the July 6th advance screening, go to:
Wonderlist.ca
THE SECRET LIFE OF
ILLUMINATION
PETS
JULY 8
No purchase necessary. One entry per person, per day. Contest open to residents of Vancouver, BC, Edmonton, AB, Calgary, AB, Winnipeg, MB, Ottawa, ON, who have attained the provincial age of majority at the start of the Contest Period. Odds of winning depend on the number of eligible entries received. Ten (10) prizes are available to be won per market each with an ARV of $25 CDN. Each selected entrant must correctly answer, unaided, a mathematical skill-testing question to be declared a winner. Contest Period opens at 12:01 am ET on June 27, 2016 and closes at 11:59 pm ET on July 3, 2016. To enter and for complete contest rules visit www.wonderlist.ca

Learn to spend wisely

SMART SPENDING

Make a list, don't cheat and watch for those knee-jerk buys

Gail Vaz-Oxlade
For Metro Canada

For years I've blathered on about conscious (as opposed to conspicuous) consumption.

The masters of marketing work hard to convince you to spend money you really, really shouldn't. That means you must be vigilant if you don't want to be caught in consumerism's web.

The biggest and bestest tip I have for keeping your shopping on track is to always, and by that I don't mean sometimes, shop with a list. Whether you use a grocery list to stop you from impulse buying a bunch of crap at the supermarket, or you use a "Wants List" to prioritize the things you'd like to buy for yourself, having a list is gold. The rules are simple:

One: If what you want to buy isn't on the list, you can't buy it.

Two: You can put the item on your list and go home, and then go back out again, assuming you have the money to pay for it.

Three: You've got to wait a specific amount of time — 48 hours, two weeks, a month — so that the purchase becomes one that has been planned.

Right behind the list comes the "one-in-one-out" rule. You really want new drinking glasses since your shelves hold an odd amalgamation of vessels you've collected over the years.

This one is easy. You buy yourself new glasses and get rid of the old stuff.

But the rule also applies to shoes, dresses, and books. The rule applies to everything! So before you can bring anything new into your home, you must figure out what you're going to get rid of.

No cheating. A big-screen TV cannot be offset by getting rid of that horrible vase your SIL bought you. It has to be comparable. It must give you pause to think.

Then there's the "if I have the money to spend I have the money to save" plan. That's when you allocate a specific amount for savings every time you spend money on a want.

Decided to buy a new pair of boots? You not only have to have the money for the boots, you've got to have the 10 per cent you plan to save. So if you're planning to spend $200, you'll need an extra $20 for your savings.

If you're spending money as a knee-jerk reaction to your Spending Gremlin's whispers — "You work hard, you deserve it," "Ooo isn't it pretty?" or "Everyone has one, I want one too!" — you're putting short-term gratification ahead of your financial health.

If you're spending money because some great marketing program reached into your wallet with its pretty packaging or "buy two get one free" obfuscation, you're proving you're as dumb as they think you are.

You can always find a good reason to scratch your acquisition itch. We are the masters of rationalization.

And we apply this rationalization to why we need to buy a certain car, acquire a bigger house, or wear brand names. It isn't about meeting needs. It's about the marketing spiders weaving their web. Don't be the fly that get's caught.

For more money advice, visit Gail's website at gailvazoxlade.com

THE AMAZING RACE CANADA

Show has most diverse cast

Ashley Callingbull is all too aware of the burden of expectations that falls on her shoulders as she runs The Amazing Race Canada Season 4.

For one, she is the reigning Mrs. Universe, the first Canadian to win the crown. She is also from Enoch Cree Nation, just west of Edmonton. The First Nations community will be closely watching her progress on what happens to be Canada's most watched television series.

"You really feel that you want to be a positive role model, but really I'm going to be myself. Hopefully I won't swear too much, because I really tend to under pressure," laughed Callingbull, 26, in Toronto before the start of the race.

The Amazing Race Canada's new season starts Tuesday at 8 p.m. on CTV. Ten teams will compete for $250,000 in prize money and gifts such as cars, airfare and hotel accommodations around the world. The competition show travels the world and contestants take part in different physical and mental tasks to win each leg of the race.

It also features the most high-profile, diverse bunch of contestants yet, including Callingbull and contestants from other reality shows such as Big Brother Canada.

Host Jon Montgomery says producers have always committed to diverse casting. But this year features a more comprehensive approach. "Compared to prior years, the patchwork of Canadians is much more representative of what our nation looks like. We have people from new Canadians to second- and fourth-generation Canadians. If you really can't find someone you can identify with, then there is nobody like you in this country."

Callingbull will be running the race with her stepfather Joel Ground (both pictured below), an auto mechanic who recently walked her down the aisle at her wedding.

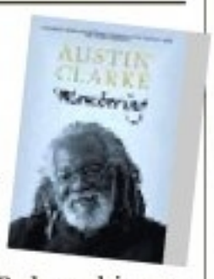
"I'm the calm one, so we make a good team," said Ground.

Last season, The Amazing Race Canada, based on an American original, averaged 2.54 million viewers, making it the most watched TV series in the nation. That was followed by The Big Bang Theory and Survivor. It's hard to pinpoint exactly why it's the most watched show but, certainly, casting directors have made sure that the show is reflective of the world, even as contestants are shown travelling the globe.

TORSTAR NEWS SERVICE

AUSTIN CLARKE

Giller Prize winner dead



Austin Clarke, an award-winning author sometimes called "Canada's first multicultural writer," has died.

The Barbadian-born writer won the coveted Giller Prize in 2002, for his book The Polished Hoe.

At that point in his career, he had already written 10 novels and five short-story collections.

His latest book, a memoir called Membering, was published last year. In it, he wrote about moving to Toronto for university in 1955, and spending time in Harlem in the '60s.

His publicist Denise Bukowski says Clarke died in hospital early Sunday morning.

THE CANADIAN PRESS

JOHANNA SCHNELLER WHAT I'M WATCHING

Preachy speeches aren't joyous or interesting

THE SHOW: Roadies, Season 1, Episode 1 (Showtime)
THE MOMENT: The sermon

Money guy Reg (Rafe Spall) informs the Staton-House Band's crew that they're spending too much on their stadium tour. "The old way is gone," he says.

"We're here because we love music," roadie Kelly Ann challenges him, eyes ablaze. "You either love what you do or you get the f—k out. That's all I have."

"I'm here to protect the brand," Reg says.

"You don't know the secret ingredient of the brand you're trying to sell," Kelly Ann counters. "Maybe the brand isn't a brand. Maybe it's a feeling. Kurt Cobain and Jimi Hendrix didn't die to become a crop top at Urban Outfitters. Perhaps I haven't communicated the fact that I live to destroy everything you stand for. And that is all I have."

She stalks off.

Oh, Cameron Crowe, I had high hopes for this new series of yours. I get that you love rock music, and you're sad it's disappearing. I get that, as you mature, you're fighting hard to resist cynicism and instead depict joy and passion. I admire those things. They're hard to show.

But this is Episode 1, and already you're doing preachy speeches. (Aaron Sorkin, passionate about journalism, made the same mistake in The Newsroom.) Sermons aren't joyous. Sermons aren't even interesting, unless you've earned them — and even then, must be deployed judiciously.

HBO just killed Vinyl because it took a subject that should be tremendous fun — the music biz in 1970s New York — and made it no fun. Give us fun, and we'll feel passion.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

Imogen Poots as Kelly Ann in Roadies (Pilot). CONTRIBUTED

Service Directory To advertise contact Gabrielle at 613-369-5433 June 27

CLEANING

NETTOYEURS Betty Brite CLEANERS DEPUIS SINCE 1968
Tell us you saw our ad in Metro Ottawa and receive 15% OFF*
218 Laurier Ave E, Ottawa (613) 235-6501
*Limit 1 per person. Expires July 10th, 2016

HOME IMPROVEMENTS

Ottawa Decks and Docks
SPECIALIZING IN DECK FOR OVER 30 YEARS
We Offer Design Assistance and a "Settle Free Decks" promise
Bilingual & Efficient Service • pat_rick44@hotmail.com • 613-298-1277

LOANS

EAZY CA$H
LOANS
613-274-7363
www.eazycash.ca

REAL ESTATE

Susan Oneid Broker
ROYAL LEPAGE Performance Realty
1295 Ledbury Unit #11 $199,900
Clean, bright and renovated! New Kitchen (2016), hardwood floors (main)(2016), freshly painted throughout (2016) and upper level hardwood floors refinished (2016). 3 bed, 1 1/2 baths, large eat in kitchen, wonderful living room overlooking green space. Close to park, recreation centre and shopping! Live in or Rent out... Great opportunity!
613-733-9100 susanoneid.ca

Total Contracting
Basement • Kitchen • Bathroom
Qualified & Skilled Personnel for all your Renovations Needs
All concrete repairs and interlocking
From your Basement to your Roof
One Call Does It All
totalcontracting.ca 613-680-2188

Our everyday audience can be your everyday client!
Advertise in Metro's **Service Directory** today!
metro

RECREATIONAL VEHICLE PREVIEW

Rugged trails, rural roads suit local riders to an ATV

Eastern Ontario and the National Capital Region are home to an abundance of trails for all levels of ATV riders.

One of the area's most popular ATV trail networks is in the Madawaska Highlands and overseen by the Ottawa Valley ATV Club (OVATVC). It's bordered by Calabogie to the northeast, Sharbot Lake to the south, Bancroft to the west and the Madawaska River to the north. In total, there are hundreds of kilometres of rugged terrain trails for local riders to enjoy.

These trails offer something for all levels of experience, ranging in difficulty from very easy to very difficult and include forest access roads, deep bush trails and abandoned railways. Because this trail system is so expansive, the OVATVC recommends you come well-prepared — bring food, water and extra fuel as there may be long distances between stops.

A relatively new addition to the local ATV trail network is the result of a recent partnership between the Nation Valley All-Terrain Vehicle Club (NVATVC), which oversees and maintains trails in Ottawa South, Winchester and North Grenville, and the City of Ottawa.

Three years ago, the two sides came together to create a bylaw that allows ATVs on some rural roads in the city's Osgoode Ward, resulting in a new trail system that employs a network of unmaintained roads and City of Ottawa property. The club says the intention is for the trail system to be multi-use, so it can be shared with hikers, cyclists, horseback riders and cross country skiers.

ISTOCK

The majority of Eastern Ontario and the National Capital Region's trails are located on Crown Land, meaning they are accessible to everyone.

However many are either on or cross over private property and require riders to carry a special trail permit — the Provincial Trail Permit — which is valid on all Ontario Federation of ATV Club trails, including both the OVATVC and NVATVC networks. Permits cost $150 and are valid for one year.

For more information on the Ontario Federation of ATV Clubs, visit ofatv.org.

Personal touch ensures the perfect RV for your needs

Though there are many shapes, sizes, and styles of recreational vehicles, at RV Kemptville, the only size that matters is the one that's right for you.

"We're not the biggest guys out there — we're the place where the person selling you the trailer is the same guy you call a couple of years later if something goes wrong," explained RV.Kemptville's Neil Perry. "We focus on getting to know you and your needs. It's a personal, trusting environment and we still do business with a handshake."

Perry explained that their business is split 70/30 between people looking to upgrade an existing RV and those who are new to the industry. The key to a successful purchase, he said, is understanding what you want.

"My first two questions for people who already have an RV are: what do you like about what you have and what don't you like," he said. "And many people buying new have no idea what they're looking for. It's my job to let them live the experience.

"You have to fit to people's needs."

Perry said it's important for people to know what they want to do with a trailer and what their towing capacity is. Someone looking to tour the country with a family has different needs than a couple looking to camp locally.

He added that most people don't realize how affordable trailers are, starting at $75 biweekly. RV Kemptville also offers financing with adjustable rates and will work with personal credit needs.

CONTRIBUTED

Take the short drive to Kemptville and experience the way things used to be!

To learn more, visit rvkemptville.com or call (613) 258-4004.

You need to have great gear for the great outdoors

Eastern Ontario and Western Quebec offer endless options for adventure seekers looking to make the most of their time in the great outdoors during both the warm and cold months.

Of course, in order to do that, you need to make sure you have the right gear and expert advice to guide you every step of the way, whether you are a beginner or seasoned pro.

For over 50 years, Loiselle Sports Inc. has been offering its customers personalized service that is second to none, providing competitive prices and top notch after-sales service.

Loiselle Sports Inc. sells and services BRP Sea-Doos, Ski-Doos, Spyders, All Terrain Vehicles, Side by Sides, Honda ATVs, motorcycles, generators and small engine power products, Legend pontoon and fishing boats, Columbia lawn mowers, tractors and more. They also carry a wide range of OEM and aftermarket parts, accessories and clothing.

Centrally located in the heart of Embrun and Alexandria, Ontario, as well as Gatineau, Quebec, Loiselle Sports Inc. carries a wide range of new product inventory and

CONTRIBUTED

will do whatever it takes to meet every customer's individual needs.

The company believes in carrying a good selection of used equipment as well, offering flexibility with trade-in arrangements. Their late model used equipment also comes with a one-year Loiselle Sports Inc. warranty.

Loiselle Sports Inc. offers financing on all our their products, ranging from deferred payments to easy monthly instalments.

Their service team offers after-sales service ranging from regular maintenance and off-season storage to warranty work, product updates and recalls as well as general repair and maintenance to any make or model.

Loiselle Sports Inc.'s service team is fully trained and certified and equipped with a new garage, the latest OEM recommended tools and machinery.

Best of all, if you don't have any room to store your new toys in the winter, they also offer heated off-season storage.

Visit Loiselle Sports Inc.

Visit one of Loiselle Sports Inc.'s three locations:

Loiselle Sports | Embrun, ON
877 Notre-Dame St.
(613) 443-3260

Loiselle Sports Plus | Alexandria, ON
83 Main St N.
(613) 525-1402

Loiselle Sports Gatineau | Gatineau, QC
776 Rue Maloney E.
(819) 893-2925

For more infor, visit loisellesports.com.

metro SPORTS

The Reds formally retired Pete Rose's No. 14 on Sunday, capping a big weekend for baseball's hits king

Insurance policy kicks in for Week 1

CFL

Backup QB leads Redblacks to win in Grey Cup rematch

Signing Trevor Harris as a free agent to back up Henry Burris at quarterback has already paid big dividends for the Ottawa Redblacks.

Harris came in as relief and passed for three touchdowns as the Redblacks beat the Edmonton Eskimos 45-37 in overtime on Saturday in a rematch of last year's Grey Cup.

Trevor Harris TORSTAR NEWS SERVICE FILE

Redblacks starting quarterback Burris banged his right hand on the helmet of an opposing player and went down the next play during a handoff exchange in the third quarter and left the game, opening the door for Harris.

"That's why we signed the guy," said Ottawa head coach Rick Campbell of bringing Harris in from Toronto.

"He is a pretty cool customer and doesn't get phased out there. He is a true team player. Both he and Henry have been excellent in that they both want the team to win and good on him for stepping in and being ready to play. It's a huge comfort knowing we have two guys who can step in and get it done."

Harris completed a 12-yard touchdown pass to Brad Sinopoli to start the extra session and Ottawa kept the Eskimos off the board in their attempt at a response. He finished the game 17 of 19 passing for 292 yards. Burris was 23 of 31 for 258 yards and a TD before getting hurt.

"I'm not hanging my head, I don't think anyone in this locker-room is hanging our head about this," said Eskimos head coach Jason Maas.

"If I was mad about anything in this game, it was we had five 15-yard penalties and that's points for the other team every time you do that, generally. That's what pisses me off, but at the end of the day, we learn from that."

Edmonton QB and Grey Cup MVP Mike Reilly went 28-for-40 for 383 yards and one TD.

Ottawa remains on the road in Week 2, travelling to Montreal to face the Alouettes on Thursday. THE CANADIAN PRESS

The Redblacks' Jerrell Gavins tackles the Eskimos' Adarius Bowman on Saturday. JASON FRANSON/THE CANADIAN PRESS

SATURDAY In Edmonton

45	37
REDBLACKS	ESKIMOS

NHL

Several teams in hunt for 'big fish'

As team executives began gathering on the arena floor an hour before the start of the NHL draft's second round Saturday morning, a video highlighting former No. 1 selections began playing on the big-screen video boards.

The first player featured just happened to be Steven Stamkos, the top pick in 2008.

At a time when Arizona-born centre Auston Matthews was selected first by Toronto, and on the heels of the buzz the league's expansion into Las Vegas created, the Tampa Bay Lightning captain's presence during the two-day draft in Buffalo was hard to overlook.

Stamkos is set to be, as Sabres general manager Tim Murray put it, the potential "big fish" in the league's free-agency period, which opens Friday.

Buffalo, Boston and Vancouver are among the teams to have already expressed interest in Stamkos.

And others, as in the case of Toronto and Detroit, have freed up more than $10 million in salary cap space with an expectation they will jump into the bidding for the four-time, 40-goal scoring star.

In the meantime, Lightning GM Steve Yzerman isn't ready to shut the door on the possibility of re-signing Stamkos.

"I haven't ruled out anything just yet," Yzerman said. "The process hasn't changed."

Under NHL rules, the Lightning can re-sign Stamkos to an eight-year contract, while other teams are limited to making seven-year offers. THE ASSOCIATED PRESS

TOP 3

The top pending free agents not named Stamkos:

1. C David Backes
2. RW Kyle Okposo
3. LW Milan Lucic

Steven Stamkos is expected to be available through free agency come Friday. BRUCE BENNETT/GETTY IMAGES

NHL

Brown's dream comes true with Sens

For as long as he can remember, Logan Brown has wanted to play for the Ottawa Senators. It became reality on Friday at the NHL draft in Buffalo.

The son of former NHL player Jeff Brown, the six-foot-six, 218-pound centre was selected by the Senators with the 11th overall pick. Brown scored 21 goals and 53 assists in 59 games in his second season with the Ontario Hockey League's Windsor Spitfires.

"Growing up I always kind of dreamed of being a Senator. It's a dream come true and words can't really describe the feeling right now," said Brown.

Ottawa traded up one spot to acquire Brown, sending its 12th overall selection and the Senators' third-round pick in this year's draft (80th overall) to New Jersey.

DID YOU KNOW?
Most of Brown's immediate family lives in Ottawa and his father Jeff is the GM/head coach of the 67's.

Bob Lowes, Ottawa's chief amateur scout, said the Senators had been targeting Brown and were very happy to find a trading partner in the Devils to move up that one spot.

"He's six-foot-six with a great skill set. In today's NHL, whenever you can get a big, skilled centreman with a great upside, they aren't easy to come by," said Lowes. "And that he's a local kid with a local flavour, and he's got great pedigree with his dad having played in the league ... those are just bonuses."

The Sens closed out the draft with four selections on Saturday.

Ottawa selected creative playmaker Jonathan Dahlen — the son of former NHL player Ulf Dahlen — with its second-round pick at No. 42. He had 15 goals and 14 assists with Timra of Sweden's First Division last season.

Ottawa used its next pick to select high-scoring right-winger Todd Burgess (103rd overall), then took defenceman Maxime Lajoie (133) and forward Markus Nurmi (163). THE CANADIAN PRESS

RACING IN BRIEF

Stroll collects his third win of Formula 3 season

Canadian Lance Stroll won his fifth FIA Formula 3 European Championship race of the season Sunday in Nuremberg, Germany.

Stroll held off rookie driver Anthoine Hubert to win the turbulent race.

The Montreal native increased his lead in the overall drivers' standings to 86 points over Maximilian Gunther, who finished fifth on Sunday. THE CANADIAN PRESS

Power hangs on for victory

Pole-sitter Will Power has picked up his second IndyCar series victory of the year, winning by 0.74 seconds Sunday after holding off Tony Kanaan's last-lap surge at Road America in Elkhart Lake, Wis.

Power cruised from the front for much of the afternoon before the race reset for the leader with six laps to go following the only caution flag of the day. THE ASSOCIATED PRESS

Top squads power up

EURO 2016
ROUND OF 16

Germany, Belgium, France on to quarters

France, Germany and Belgium sealed their places in the quarter-finals of the European Championship on Sunday as three of the pre-tournament favourites lived up to their promise.

There was a scare for the host nation after Ireland scored a second-minute penalty, but Antoine Griezmann struck twice after the break to give France a deserved 2-1 victory in Lyon.

While France was made to work hard to advance, Germany had no such difficulties in a polished 3-0 victory over Slovakia, and Eden Hazard inspired Belgium to what ended up as a crushing 4-0 win over Hungary.

The relief was palpable at the Stade de Lyon after France finally overwhelmed an Ireland side that had led through Robbie Brady's early penalty kick, after France midfielder Paul Pogba bundled Shane Long to the ground.

Ireland worked tirelessly to defend its lead but Griezmann's two goals in the space of three minutes midway through the second half saw the natural order restored, and a red card for Shane Duffy in the 66th minute all but ended the contest.

"When Ireland took the lead it made us a bit more uncomfortable in the first half," France coach Didier Deschamps acknowledged. "They showed a lot of enthusiasm ... we had to dig deep."

France will face either England or Iceland next Sunday.

Germany scored early and never looked back against Slovakia.

Jerome Boateng broke the deadlock after eight minutes in Lille, his first goal in 63 appearances for Germany.

Mario Gomez stabbed home Germany's second just before the break after a clever cutback by Julian Draxler, who volleyed home the third goal in the 63rd minute.

"Now the games that we're looking forward to are coming," Gomez said. "They're why we came."

Germany's next opponent will be Spain or Italy, which meet on Monday.

And Hazard simply lit up the Stade de Toulouse on Sunday.

After Toby Alderweireld headed Belgium into a 10th minute lead, Hazard turned it into a rout in the closing stages.

He began by surging past Hungary's defence on the left side and sending over a low cross for substitute Michy Batshuayi to steer home in the 78th minute.

The Chelsea playmaker then followed up by scoring a spectacular solo goal, skipping past three Hungary defenders and curling a shot into the bottom right corner.

Asked if it was his best performance for Belgium, Hazard simply said "Yes," before breaking into a smile.

Substitute Yannick Ferreira Carrasco struck the fourth in added time as Belgium lined up a quarter-final vs. Wales on Friday in Lille. THE ASSOCIATED PRESS

SCHEDULE

SATURDAY
Poland 1 (5), Swiss 1 (4)
Wales 1, Nor. Ireland 0
Portugal 1, Croatia 0
SUNDAY
France 2, Rep. of Ireland 1
Germany 3, Slovakia 0
Belgium 4, Hungary 0
MONDAY
Italy vs. Spain
England vs. Iceland

1 In Décines-Charpieu Antoine Griezmann scored his second and third goals of the tournament, putting the left-footed Frenchman into a three-way tie for the tournament lead with Gareth Bale of Wales and Alvaro Morata of Spain.

2 In Toulouse
Eden Hazard put a lacklustre Premier League campaign with Chelsea in the rearview with a dominant performance in Belgium's 4-0 win over Hungary.

3 In Lille
Central defender Jerome Boateng scored his first international goal in 63 appearances. The eighth-minute marker was the fastest goal scored by Germany at a Euros. GETTY IMAGES

WIMBLEDON

Bouchard won't look back

Two years ago Eugenie Bouchard and Milos Raonic were the toast of Wimbledon.

Both set Canadian records at Grand Slam events, with Bouchard losing the final to 2011 champion Petra Kvitova and Raonic reaching the men's semifinals before being beaten by seven-time winner Roger Federer.

The Canadians couldn't build on that success at last year's event. Bouchard was diminished by a Grade 2 abdominal tear and lost in the first round to No. 117-ranked Ying-Ying Duan of China while Raonic, six weeks after foot surgery for a nerve issue, was not completely fit and was beaten by Nick Kyrgios of Australia in the third round.

Eugenie Bouchard GETTY IMAGES

"I have bad memories from last year," Montreal's Bouchard, said Saturday at Wimbledon. "I really don't want to think of them this year. I've done a much better preparation. I feel much better physically I've gotten in more matches on grass and feel like I'm on the right path with my coaching situation as well."

Reunited with longtime coach Nick Saviano since April, Bouchard is 24-14 in 2016 and 3-3 at grass-court tournaments heading into a first-round match Tuesday against No. 92-ranked Magdalena Rybarikova of Slovakia.

Raonic has a better record. He is 31-8 and won four matches at the Queen's Club grass-court event in London two weeks ago before narrowly losing the final 6-7(5), 6-4, 6-4 to world No. 2 Andy Murray.

"It's a very different story this year," Raonic, from Thornhill, Ont., said Saturday about his preparation. "I feel like I've done all the right things and put myself in position. Now is the opportunity to make it count."

Rated by London bookmakers as the fourth favourite behind Wimbledon champions Novak Djokovic, Murray, and Roger Federer, Raonic has legendary John McEnroe along as a consulting coach.

The third Canadian in singles is No. 44-ranked Vasek Pospisil of Vancouver. A quarter-finalist last year but struggling with a 4-15 record in 2016, he plays clay-court specialist Albert Ramos-Vinolas, ranked No. 36, in his opening match Tuesday.

THE CANADIAN PRESS

MLB

Sale keeps Jays in check for 13th W

Chris Sale pitched eight innings of two-run ball to become the majors' first 13-game winner, and the Chicago White Sox beat the Toronto Blue Jays 5-2 on Sunday.

Tim Anderson and J.B. Shuck homered to help Chicago take two of three from slumping Toronto, which has dropped five of seven. The White Sox returned to .500 (38-38) with their fifth win in seven games.

Sale (13-2) allowed five hits, struck out seven and walked two.

Troy Tulowitzki and Junior Lake hit home runs for the Blue Jays (41-36).

Chris Sale GETTY IMAGES

THE ASSOCIATED PRESS

IN BRIEF

Reyes welcomed back to New York City

Jose Reyes was a big hit with fans in his return to New York.

The longtime Mets star received a warm welcome from the crowd and played errorless defence at third base Sunday in his first minor-league game since rejoining the organization.

He was released by the Rockies after serving a 59-day suspension this season for violating MLB's domestic violence policy.

THE ASSOCIATED PRESS

RUGBY

Italy narrowly tops Canada in Toronto

Italy's substitute flyhalf Carlo Canna kicked a late penalty to secure a 20-18 comeback win over Canada in a rugby union test match Sunday.

Trailing 18-17, Canna made the decisive kick from close range in the 72nd minute after a back-and-forth game dominated by penalties.

Canna was yellow-carded in the 76th minute for a high tackle on Dan Moor, reducing the Italians to 14 men. But Italy maintained possession and held on for victory.

Ornel Gega scored a try for Italy while Tommaso Allan kicked four penalties

Gord McRorie scored all of Canada's points with six penalties.

Carlo Canna GETTY IMAGES

THE ASSOCIATED PRESS

RECIPE Watermelon and Tomato Gazpacho

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

On a hot, steamy night, if your oven could talk it would tell you to make this easy and sweetly simple gazpacho. It would also tell you to pair it will some crusty bread.

Ready in
Prep time: 10 minutes
Cook time: 1 hour

Ingredients
- 6 cups roughly chopped seedless watermelon, divided
- 3 cups roughly chopped tomatoes, divided
- 1 shallot, roughly chopped
- 2 tablespoons olive oil
- 2 tablespoons white wine vinegar
- 1/4 cup roughly chopped basil, divided
- salt and pepper to taste

Directions

1. Toss 5 1/2 cups of the watermelon, 2 1/2 cups of the tomatoes, shallots, oil, vinegar, 2 tablespoons of the basil into a food processor and puree until smooth.

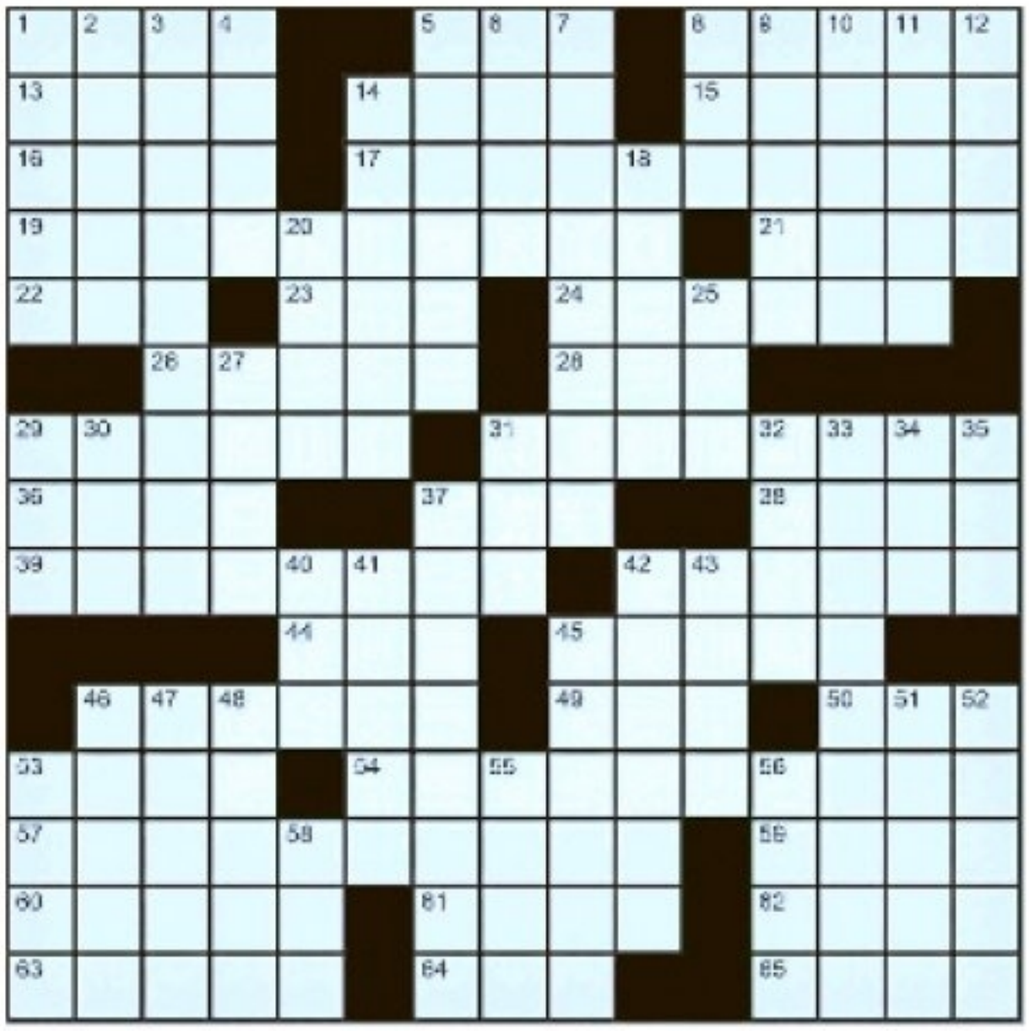
2. Transfer to mesh strainer and place above a large bowl. Strain the puree, pressing as much through as possible. Discard leftovers. Cover and chill for at least 1 hour.

3. Finely chop remaining 1/2 cup watermelon, 1/2 cup tomatoes and 2 tablespoons basil and mix together in a bowl. Pour soup into bowls and garnish with watermelon and tomato mix, and serve.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Newfoundland as Nfld.
5. QB's cheers-getters
8. Royal horse racing spot in England
13. Yesterday: Italian
14. Volkswagen Karmann __
15. Speedily
16. End Era link: 2 wds.
17. Converted from symbols to words
19. "By the Way" songstress/guitarist from Calgary: 2 wds.
21. Sigher's word
22. Addams Family relative
23. Letter's li'l jacket
24. Nick __ (Cop played by Adrian Holmes on Bravo's "19-2" ...more at #37-Down!)
26. Start of a quiz show query, "True or __..."
28. 'Fact' finisher
29. Czech composer, Antonin __
31. Battle: French
36. __ __ TV show (Broadcast)
37. Band-Aid reason
38. Jessica of Hollywood
39. The Witching Hour
42. 1960s British model
44. Forensic evidence
45. __ kebab
46. Grand __ (Istanbul marketplace)
49. Frying pan drizzle
50. Howe'er
53. Unaccompanied
54. In-the-clouds with optimism
57. Preppy tops: 2 wds.
59. Honey drink
60. Feminine inner self, in Jungian†psychology
61. Radiate
62. Crumbly soil
63. Not tidy
64. __ bread
65. Bohemian

DOWN
1. Garlic sauce
2. Quaintly suit
3. Wayne Gretzky's Ontario hometown
4. Orange-eating discard
5. "__ been going in and out of style..." - The Beatles, 1967
6. Stand-up comedian, Andrew __ Clay
7. Summer vessel
8. "Won-der-ful!"
9. __ of asparagus
10. Sophia Loren's movie producer husband Mr. Ponti (b.1912 - d.2007)
11. Cruise ship's water
12. Mr. Danson's
14. Port city in Poland
18. 'P' of SVP
20. Ms. Ward
25. Dietary letters
27. __ Islands of Ireland
29. River barrier
30. Sundial number
31. Except...
32. Kind of wading†bird
33. Space travel distance
34. Part of a journey
35. Ron of '60s show "Tarzan"
37. #24-Across' Montreal police partner played by Jared Keeso, Ben __
40. Peak of Crete, Mount __
41. Grind teeth together
42. Crave
43. Shrewd
45. Military foray
46. Grammy-winner Debby
47. __ __ fair in love and war
48. Enlarges the on-screen image
51. "Crazy on You" band
52. Strangely enough
53. E-Mail junk
55. Canadian __ (Military force)
56. Ms. Watson
58. Perhaps...

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Family discussions will go well today. However, do note that this is a good day for real-estate deals and possibly shopping for your home or a family member. Ka-ching!

Taurus April 21 - May 21
You can make money with your words today, which is good news for writers, actors, teachers and people who sell or market. You are diplomatic and charming!

Gemini May 22 - June 21
If shopping today, you will want to buy beautiful things for yourself and others. However, you also can think of ways to boost your income.

Cancer June 22 - July 23
Travel and a desire to "get away from all this" is strong today. Do whatever you can to seek escape in a pleasant way. "Be free!"

Leo July 24 - Aug. 23
Solitude in beautiful surroundings will delight you today. Do something to pamper yourself so that you feel special and glad to be alive.

Virgo Aug. 24 - Sept. 23
You might admire a friend today, especially someone who is creative and artistic. Relations with groups, classes and clubs are warm and friendly.

Libra Sept. 24 - Oct. 23
Some of you might develop a crush on your boss or someone in a position of authority today. Others will use their connection with authority to help someone.

Scorpio Oct. 24 - Nov. 22
Try to escape on a wonderful trip somewhere today if you can. But if you cannot travel, then at least be a tourist in your own city. Enjoy art created by others.

Sagittarius Nov. 23 - Dec. 21
This is a good day to ask for a loan or a mortgage, or to ask to borrow something from someone. In some fashion, you will benefit from the wealth and resources of others.

Capricorn Dec. 22 - Jan. 20
Relations with partners and close friends are sweet and tender today. It's easy for you to imagine what it's like to walk a mile in someone else's wedges. (Hence the mutual sympathy.)

Aquarius Jan. 21 - Feb. 19
You might develop a crush on someone at work today. Others will get a raise or praise from a boss. Whatever happens, this is a pleasant day.

Pisces
Feb. 20 - March 20
Accept invitations to artistic events and social occasions because you want to have fun today! Romance is alive. Enjoy playful times with children as well.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	5		2		9			
				5	1			3
		2				6		
1	8							5
	9						3	
3							7	8
		7				2		
9			6	2				
			9		4		1	

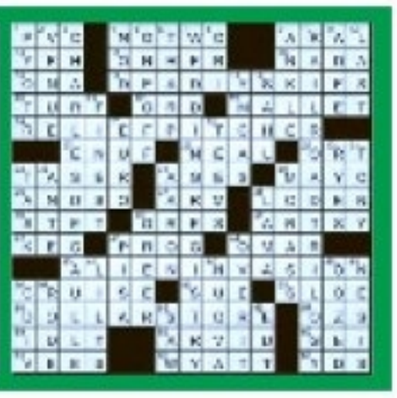
©2014 Conceptis Puzzles, Dist. by King Features Syndicate, Inc.

FRIDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games

7	4	6	5	9	8	3	1	2
9	8	3	6	2	1	7	5	4
5	1	2	7	3	4	6	8	9
8	3	1	9	7	6	4	2	5
4	6	9	2	8	5	1	7	3
2	5	7	4	1	3	9	6	8
3	2	8	1	4	7	5	9	6
6	7	4	8	5	9	2	3	1
1	9	5	3	6	2	8	4	7



CHARGED WITH IMPAIRED DRIVING?
X COPPER®
NEW Location: 1901 Bank Street
www.xcopper.com